

NASA Health Promotion and Wellness ViTS

September 4, 2012

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Agenda

- * Human Capital Portal
- * Center Health Promotion Program
- * Quarterly Health Topics
- * Health Promotion Materials
- * ViTS Schedule

Scott Howell

Centers

Helen Shoemaker

Helen Shoemaker

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Proposed FY 2013 Quarterly Health Emphasis

- * Prevention of Colds and Flu
 - * Influenza Vaccine Campaign
 - * Education
- * Mayo Clinic *Embody Health*
 - * Health Assessment
 - * Education
- * Prevention of Back Injuries
 - * Education
- * Physical Activity
 - * Walk to Wellness

Health Promotion Materials

- * Diabetes Poster
- * Save Your Back Poster
- * Hand Washing Tear Pad
- * Blood Pressure Control Map
- * Cholesterol Control
- * Right Size Your Portions
- * Breaking Down the Food Label

ViTS Schedule

- * Calendar Year 2012

- * December 4 1330 to 1430

- * Calendar Year 2013

- * March 6, 2013 1330 to 1430

- * June 5, 2013 1330 to 1430

- * Sept. 4, 2013 1330 to 1430

- * Dec. 4, 2013 1330 to 1430